



Created by **Tom Scotto / Cycling Fusion**  
 Total Class Length: **60 minutes**

**PROFILE DESCRIPTION / OBJECTIVE**

This profile was a simulated race around the city of Boston and included music from bands that originated in the Boston area.

**THE MUSIC:**

Song Title	Time	BPM	Artist	Focus
<b>Buena</b>	3:20	95	Morphine	Warm-up
<b>Luka</b>	3:09	60	The Lemonheads	Warm-up
<b>I'm Shipping Up to Boston</b>	2:34	68	Dropkick Murphys	Warm-up
<b>The Impression That I Get</b>	3:13	90	Mighty Mighty Bosstones	Lap 1
<b>Hand in Hand</b>	3:02	74	The Del Fuegos	Lap 1
<b>Come Back</b>	5:13	63	The J. Geils Band	Lap 1 - 2
<b>These Walls</b>	7:00	92	Dream Theater	Lap 2
<b>Foreplay / Long Time</b>	7:48	120	Boston	Lap 2 – 3
<b>Smokin'</b>	4:21	85	Boston	Lap 3
<b>Rag Doll</b>	4:25	93	Aerosmith	Lap 4
<b>Last Child (Live)</b>	5:04	88	Aerosmith	Lap 4
<b>Where is My Mind?</b>	3:53	82	Pixies	Cool-down
<b>Drive</b>	3:55	83	The Cars	Cool-down
<b>One Man Wrecking Machine</b>	4:15	99	Guster	Cool-down

NOTE: The music used for all of the laps was edited with a “live” stadium audience track placed in the background to make all of the songs sound “live”.